THE LARGEST HEALTH EXPO IN ATLANTIC CANADA
GoodLife FITNESS PRESENTS optimyz live
HEALTH EXPO
HEALTH, FITNESS & LIFESTYLE SHOW
JANUARY 15-16, 2011 EXHIBITION PARK
SATURDAY & SUNDAY
VISIT WWW.OPTIMYZLIVE.COM FOR MORE DETAILS

NICOLAS, UNCAGED
ANOTHER ALL-OR-NOTHING PERFORMANCE {page 8}



HERD WINS
ASHLEY'S LATE GOAL SEALS VICTORY {page 17}

HALIFAX metro®
Wednesday, January 5, 2011
www.metronews.ca
News worth sharing.

Drowning in Debt? Reach Out!
WBLI INCORPORATED
TRUSTEE IN BANKRUPTCY
902 482 2000 • 4debtrelief.com

RYAN TAPLIN/METRO



▶ Jeff White, co-creator of the petition at savetheoval.ca, stands in front of the Canada Games rink on the North Halifax Common yesterday.

p for oval hardly on thin ice

- Hundreds of HRM residents have signed online petition to keep Canada Games skating oval for good
- Website's co-creator hopes to present petition to Halifax regional council before Games begin in February



ALY THOMSON
HALIFAX@METRONEWS.CA

A petition posted online yesterday to keep the Canada Games speedskating oval on the Halifax North Common permanently was already around 800 signatures early yesterday evening and gaining more by the minute.

"We were thinking that it would be really great to get something official up that shows the amount of support," said Jeff White, co-creator of savetheoval.ca.

White, who is working with Cyclesmith owner Andrew Feenstra and several other residents, started constructing the website Monday night and posted the finished product on Facebook and Twitter early yesterday morning.

"It's been going great ever since," said White, adding the website had more than 1,500 page views around lunchtime yesterday.

White said signatures and comments have been pouring in from every corner of HRM, including Lake Echo, Bedford and Hammonds Plains.

"I'm not sure if (the petition) will accomplish anything ... but maybe there's enough interest to keep it," said the Hammonds Plains resident, who has been storing his skates in the trunk of his car just in case he feels like a rip around the oval.

On Monday, Mayor Peter Kelly expressed his support to make the $2.5-million oval a permanent fixture.

"This is a once-in-a-lifetime opportunity, and I don't think we should let that opportunity go to waste," Kelly told Metro.

Additional investment would be required to make the temporary surface permanent, Kelly said, including laying a concrete pad on top of the oval's current foundation. He could not say how much it would cost.

"I would like to petition HRM to make the skating oval permanent. It has been successful beyond anyone's wildest imagination and is one of the best things to happen in Halifax in years."
BRAD MCRAE, WEBSITE COMMENTER

National news

Harper rearranges cabinet lineup

- Shuffle fills vacancy at Environment
- Two MPs from seat-rich Toronto get promotions {page 4}

Ticket writers hold back

Despite ban, parked cars shown mercy over holidays {page 2}

Sleep well, for sake of study

Expert stresses importance of regimented slumber {page 15}

1 news

Conditional discharge for flasher

A former university all-star basketball player has the opportunity to avoid a criminal record after he was given a conditional discharge yesterday and placed on probation for three years after pleading guilty to seven counts of indecent exposure.

Neil James Wayne MacDonald, a 26-year-old from Sydney Mines who now calls Halifax home, was charged following complaints from seven different women to Halifax Regional Police that while they were out walking, a man approached them and exposed his penis.

Six of the incidents occurred within an hour last March 21, while the other incident happened March 26.

In only two of the incidents did the women report MacDonald was actually touching himself. In all of the incidents, the women reported no conversation with MacDonald and that he simply walked by them with his pants down and genitalia exposed.

The incidents all occurred in the south end of Halifax and MacDonald had the charges transferred to Sydney after he pleaded guilty.

Defence lawyer Nash Brogan explained his client's actions by saying he had a mental meltdown. Brogan explained prior to the exposure incidents, MacDonald's mother had died while he was playing basketball in Europe and there was no funeral or wake.

In passing sentence, provincial court Judge Brian Williston granted the discharge request meaning that if MacDonald sticks to the terms of his probation, he can apply to have the discharge made absolute which will result in not registering a criminal record. CAPE BRETON POST


▶ MacDonald

Anti-Christian drumbeat reaches fever pitch after attacks in Egypt. Scan this code for the story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

What Stephen Harper's cabinet shuffle could mean for the next election. Video at metronews.ca

Follow us on Twitter @metrohalifax

JANUARY SALE
Full Size Acoustic Guitars from $99.99
HALIFAX FOLKLORE CENTRE
1528 Brunswick St.
422-6350
Located just off Spring Garden Rd.

www.halifaxfolklorecentre.com

Fewer tickets doled out for parking ban

2,159 parking tickets have been issued since Dec. 15, compared to 3,195 at the same point last year

Not a single overnight winter parking ban ticket was issued on Christmas Eve, Christmas Day or New Year's Eve during the holidays.

That is in contrast to last year when more than 100 tickets were issued on those three days combined, according to HRM spokeswoman Shaune MacKinlay.

"It could be that officers were using discretion, where it was Christmas and the weather was fairly mild on those days," said Halifax Regional Police spokesman Const. Brian Palmeter. "If that played a part into it, that's possible ... but we don't want people to get mixed messages. That doesn't mean we're not enforcing the ban."

On Dec. 22, Mayor Peter Kelly called on the HRM Traffic Authority to ease up on giving out the tickets during the holidays if there wasn't bad weather. The traffic authority replied it would be business as usual during the Christmas break.

In comparison with last year, about 1,000 fewer tickets have been issued since the ban went into effect on Dec. 15, said MacKinlay.

Overall, about $108,000 has been issued in tickets — down by roughly $52,000. ALY THOMSON

Last year

- In 2009, 89 tickets were distributed overnight Christmas Eve, zero were issued overnight Christmas Day and 16 were distributed overnight New Year's Eve.

RYAN TAPLIN/METRO


▶ A woman gets into her parked car along Cogswell Street in Halifax yesterday afternoon.

Murder suspects denied bail

Two of the people accused of killing Dillon Blair Jewett have been denied bail.

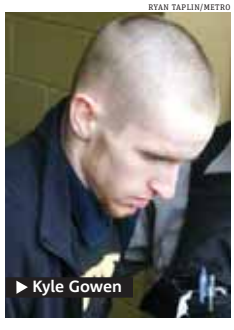
Brothers Kyle Brian Gowen, 22, and Steven Shaun Gowen, 21, are each charged with first-degree murder. Jewett, 18, was found shot to death near an East Uniacke quarry on Oct. 3. Last week, a provincial court judge in Windsor denied bail for the two brothers. Amanda Allison Greene, 18, is also charged with first-degree murder in the case. She wasn't part of this bail application.

All three are scheduled back in court on Jan. 13 in Shubencadie. METRO

Allegations

- The Crown is alleging the three acted together in planning and committing the murder.

RYAN TAPLIN/METRO


▶ Kyle Gowen

News in brief

Main break gives students extra day off

DARTMOUTH. Students are expected back in class today at Prince Andrew High School after a water main supplying the school failed yesterday morning.

Halifax Regional School Board spokesman Doug Hadley said the main broke about 75 feet outside the main entrance of the Dartmouth school, cutting off its water supply and giving students another day off from their holiday break.

Hadley said it's not certain what caused the break, but it's believed that because of recent changes in temperature, the ground heaved slightly putting pressure on that section of the pipe. METRO

Recycled. Ornaments



John Brannon takes down decorations from a tree in front of his Dartmouth home yesterday.

RYAN TAPLIN/METRO

A sustainable way to decorate

John Brannon and his wife, Joan, have been decorating the tree in front of their home with around 1,000 recycled items such as bottle caps and CDs for well over 20 years.

Lack of snow a money-saver

Halifax snow removal is way down from last year We received much less snow this past December compared to the same time in 2009

Snowplows are hard to find on Halifax streets so far this winter.

And the lack of snow makes it a little easier on HRM's winter works budget.

To date there has only been one major winter storm with over 15 centimetres of snow. Compare that to seven major events at the same time last year.

In an email from HRM, a staffer wrote salt use is less than last year at this time by about 50 per cent.

So far the municipality has spent $3.8 million in snow removal and salting. They have committed another $3.2 million and have $7.8 million left in the reserve.

Environment Canada meteorologist Bob Robichaud had some further good news for the snow removal budget: he forecasts below-normal precipitation right through to March.

He said there was 33.4 centimetres of snow in December recorded at the airport.

"That compares to 49.3 centimetres for normal (snowfall in December) and last year we got 55.5 centimetres of snow in December," he said.

Robichaud said he expects above normal temperatures for the rest of January where the average temperature is a high of -1 C and lows of -11 C.

JENNIFER TAPLIN

An easy winter?

We haven't seen much precipitation this year.

- **So far this winter** We have had one major snow event, one average and one minor event and 11 salting events (wet roads, drop in temperatures, flurries).
- **Same time last year** We had seven major events, five average, two minor, and seven salting events.

Homeless

While this kitten was lucky to be alive many others are not.

- **Estimate** It is estimated there are thousands of unreported and homeless animals in the Shelburne area, according to the Coast Guard.

Kitten saved by a kind heart

It was both luck and a kind heart that saved a kitten from a cruel death of starvation, after being abandoned near Clyde River, Shelburne Co., last week.

Heaven Symonds was travelling to Yarmouth with her sister Tory Symonds and some friends to see a movie when they spotted the little kitten off Highway 103

"We stopped and pulled over and were able to pick her up," said Heaven Symonds. "I could feel every bone in her body ... she was so thin."

Symonds brought her into the car and cuddled the animal throughout the movie.

The same day a friend found a dead kitten in the vicinity and Symonds is certain the kitten — which she is keeping — would have met the same fate.

"I don't think it is right at all (to abandon animals)," she said.

THE COAST GUARD

DRUG POSSESSION

3 males face drug charges

Three males — one as young as 14 — are facing drug charges. Police made the arrests on Monday night. Patrol officers working on Gottingen Street and Uniacke Street saw two people allegedly making a drug transaction. Before they could arrest the seller, there was another transaction. Police moved in and arrested both the alleged seller and two buyers. They also seized crack cocaine. A 14-year-old boy was scheduled to appear in a Dartmouth court yesterday to face a charge of drug trafficking. Two other men, aged 19 and 47, will appear in a Halifax courtroom to face drug possession charges.

METRO

Man faces charges of attempted murder

A 65-year-old Digby County man appeared in provincial court yesterday facing two charges of attempted murder.

The case was quickly adjourned, with Thomas Carson Ogden remanded back to jail until his next court appearance in Comeauville on Jan. 20. Ogden was arrested on Sunday morning after police say a firearm was discharged during a disturbance at a residence in Freeport, Digby Co. No one was hurt.

Ogden is also facing five charges of breach of probation, one charge of causeless use of a firearm, one charge of unlawful confinement and one charge of uttering threats.

METRO

Charges

Thomas Ogden's charges stem back to 2009.

- **Past record** In June 2009, Ogden faced charges of assault with a weapon and assault causing bodily harm.

News in brief

Two face break and enter raps

CAUGHT. Halifax RCMP say they received complaints of two men going door to door of private residence on Hollyoake Lane in Cole Harbour around 2:40 a.m.

When RCMP arrived, the men fled.

A police dog tracked the men and found them hiding in a shed on another property.

The men, aged 18 and 19, were arrested and RCMP confiscated tools they allege were going to be used for entering homes.

The two are in custody and will appear in Dartmouth provincial court charged with break and enter and trespassing at night.

METRO

Knife used in store robbery

VIDEO STORE. A man with a knife robbed a video store on Windsor Street in Halifax on Monday night.

Halifax Regional Police say a clerk at Showtime Video and Variety was approached by a man with a knife around 7:30 p.m. The man demanded cash and fled on foot with an unknown amount of money.

The clerk and another customer were the only other people in the store at the time, according to police. Neither were injured.

METRO

Stadium vandalized

SPRAY PAINTED. The Sackville Sports stadium was vandalized with spray paint earlier this week.

Halifax RCMP say it happened at an unknown time between Sunday and Monday.

Police say staff of the complex reported six tags on the building.

The tags were different, but had the same black symbol located someplace on it. They're not believed to be gang related, according to police.

METRO

Baby-nabbing suspect awaits bail hearing

New York model's family 'very concerned' Infant turned in by public after casting call in Toronto

The tearful mother of a New York model charged in a bizarre baby abduction at a movie casting call was in a Toronto courtroom as her daughter appeared briefly yesterday.

Michelle Marie Gopaul, 24, is accused of snatching a one-month-old baby girl after taking part in what appears to have been a bogus casting call for a Bollywood movie last week.

Gopaul appeared in green jailhouse garb as her lawyer Gary Batasar asked that the case be put off until next Tuesday to give him time to prepare.

Police allege a one-month-old baby girl was abducted last Thursday night after her parents took her to a casting call for a movie shoot that had been advertised on Craigslist. The unharmed baby was returned to her parents a few hours later when a member of the public brought her to a police station.

MODELMAYHEM.COM



▶ Michelle Marie Gopaul

Outside court, Batasar said Gopaul was not denied bail during her court appearance Saturday and in fact had not yet had a bail hearing. "The family members are obviously very concerned about her well-being," he said.

Gopaul's visibly upset mother, who had travelled to Toronto from New York City to attend court, admitted it was a difficult time. The fact that Gopaul and her relatives are American citizens complicates the case in terms of finding a surety.

THE CANADIAN PRESS

Chaos. Pakistan



▶ Supporters of Pakistan People's party grieve the loss of Punjab Gov. Salman Taseer.

B.K. BANGASH/THE ASSOCIATED PRESS

Punjab's governor assassinated

Salman Taseer, the governor of Punjab province, was shot dead in the capital yesterday by one of his guards, who told interrogators he was angry about the politician's stance against the country's blasphemy law, officials said. The killing rattled a country already dealing with political crises.

700 The number of state troopers' citations for cursing in a recent year, estimates American Civil Liberties Union.

What the *!#@?

Firing off four-letter words won't be considered a crime anymore in Pennsylvania, thanks to a federal free-speech lawsuit.

THE ASSOCIATED PRESS

Snakes alive! Stay away from Aussie floods

Residents of an Australian city cut off by some of the country's worst flooding in decades are being warned to stay out of the water, and not just because of the risk of being swept away: Debris, snakes and even crocodiles could also pose a danger.

Large parts of the coastal city of Rockhampton were under water yesterday. The waters were still rising, with the 75,000-strong population bracing for the floods' expected peak today as a huge inland sea spawned by heavy rain across Queensland state drains toward the ocean. Residents on boats made their way through Rockhampton's flooded streets, while police checked houses to see whether they were occupied.

Up to 500 people have been evacuated from their homes along the Fitzroy River, which runs through the city and has spilled over its banks and inundated houses and businesses in waters ranging from a few centimetres to waist-deep, with levels expected to rise another half-metre. Air and rail links to the city were cut and only one main road remained open.

U.S. Secretary of State Hillary Clinton sent a condolence message to those affected by the floods and said Washington was ready to help if needed.

THE ASSOCIATED PRESS

TORSTEN BLACKWOOD/GETTY IMAGES



▶ A venomous brown snake is carried by flood waters.

Queensland

Rockhampton is the latest of 22 cities and towns in Queensland to be swamped by floods.

- **The worst effects of an** unusually wet summer began just before Christmas.
- **Officials say the flooded** area covers the size of France and Germany combined, and 200,000 people have been affected.

CAP REIT

Welcome Home to Capreit Apartments!

Ocean Brook Park
20-80 Charlotte Lane
(across from Fisherman's Market)
Stylish, spacious and welcoming suites.
1, 2 and 3 bdrm
starting from $740
Call Now! 902-800-0423

The Welsford
2074 Robie Street
Centrally located across from the Halifax Commons.
Bachelor, 1 and 2 bdrm
starting from $780
Call Now! 902-800-0422

Park Victoria
1333 South Park Street
Premier downtown location, walking distance to Dal and SMU. 1, 2 and 3 bdrm
starting from $915
Call Now! 902-800-0420
FREE MONTHS RENT

Somerset Place
1030 South Park Street
Downtown location just steps to SMU, dining, shopping and more. Bachelor, Jr.1, 1 and 2 bdrm
starting from $770
Call Now! 902-800-0421

WWW.CAPRENT.COM • RENTALS@CAPREIT.NET

Harper fills posts in mini-shuffle

Prime Minister Stephen Harper announced his third cabinet shuffle in a year, promoting Peter Kent to environment and handing a junior post to newbie Julian Fantino.

The mini-shuffle fills a hole in Harper's front bench and gives higher profiles to Kent and Fantino — both Toronto-area MPs — in time for a possible spring election.

Diane Ablonczy takes over from Kent, a former broadcaster, as minister of state of foreign affairs (Americas and consular affairs). Fantino becomes minister of state for seniors, replacing Ablonczy. Ted Menzies, parliamentary secretary to Finance Minister Jim Flaherty, gets a junior post, minister of state of finance.

Harper, in his announcement, said, "The global recovery is fragile. And there are still far too many jobless Canadians for whom the recovery has yet to become a full reality. That is why the economy remains the No. 1 priority for Canadians, and must remain the No. 1 priority for our government."

THE CANADIAN PRESS

Bus passengers mull possible legal action

Angry Greyhound passengers were contemplating legal action against the bus company yesterday for being left to fend for themselves for some 14 hours in a small town in northern Ontario.

Many of the more than 100 westbound passengers who were stuck in White River on two buses said Greyhound added insult to injury by giving them the runaround when they sought answers. "It was just a brutal experience," Paul Hitchin said yesterday after finally arriving in Calgary.

Passengers said the buses pulled into a gas station for what they expected to be a pit stop.

A driver told them it was snowing out and to "sit tight."

He then checked in at a nearby motel.

"That was the last we seen of our driver," said Hitchin, who paid $600 for his round trip, and was en route from Barrie, Ont.

Yesterday, a Greyhound statement blamed "unforseen weather conditions and resulting road closures" for the delay.

THE CANADIAN PRESS

HP recommends Windows® 7 Professional.

intel CORE i5 inside™

Faster. Smarter.

DECK THE HALLS AND SHAKE THE WALLS



HP ENVY 17

GET THE MOST MIND-BLOWING SOUND FROM ONE OF THE WORLD'S FASTEST LAPTOPS FEATURING THE SMART INTEL® CORE™ i5 PROCESSOR.

HP.CA/MUSIC

hp

Ford Canada powers past GM to become industry leader

Canadian December sales at Ford highest in over 10 years F-series pickup truck has helped resurgence

Ford has toppled General Motors as Canadian auto industry leader for the first time in more than 50 years.

Oakville, Ont.-based Ford Motor Co. of Canada Ltd. claimed the title yesterday after reporting that sales of new cars and trucks jumped 19 per cent to 267,974 vehicles in 2010 from the previous year.

General Motors of Canada Ltd. will release its December and year-end results later in the day but analysts say Ford had built an insurmountable lead throughout the year.

CONTRIBUTED



▶ The F-Series pickup truck

"Sales titles are nice to have but we remain focused on building long-term, sustainable, profitable growth," said David Mondragon, Ford Canada's president and chief executive officer.

Mondragon suggested Ford is in a good position to retain its lead in an extremely competitive industry this year because of a strong lineup of cars since consumers will likely shift from trucks as fuel prices climb.

Although Ford made gains in car sales in 2010, the F-Series pickup truck has powered the company's resurgence in Canada during the past five years.

F-Series sales hit 97,913 in 2010, the highest total for any vehicle in one year in Canadian history. The model has led pickup truck sales for 45 consecutive years here.

TORSTAR NEWS SERVICE

Unusual. Store



▶ Employee Gabrielle Silva operates the drive-thru lane in Huntsville, Ala., at the "romance" store called Pleasures, billed as America's first drive-thru with adult novelties for sale.

DAVE MARTIN/THE ASSOCIATED PRESS FILE

Serving up some spice

Business at the drive-thru adult-novelty store Pleasures is brisk so far, with cars sometimes lining up three deep for vibrators, lubricants, lingerie and other risque items. Shoppers must first fill out a medical checklist provided by the store.

Tobacco maker seeks FDA approval

Tobacco maker Star Scientific Inc. says it has developed a moist smokeless tobacco with lower levels of cancer-causing chemicals than any other tobacco product now on the market.

The small Virginia company, which sells tobacco lozenges that dissolve in the mouth, said yesterday it plans to soon ask the U.S. Food and Drug Administration for approval to sell the new item as safer than any competing product.

Star Scientific says the "modified-risk" label that the FDA is developing belongs on the new Stonewall Moist-BDL because it contains 90 per cent to 99 per cent less tobacco-specific carcinogens than other smokeless tobacco products.

THE ASSOCIATED PRESS

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1866 499-5629
And get cash now!!
www.mynextpay.com
4201C1001

Seeking Super/Building Managers

Large local property management company looking for live in Building Manager couple.

Minimum 5 years experience with property management company. Must have handy skills, in plumbing carpentry and painting.

Please contact: 443 7074
jm@templetonproperties.ca

TEMPLETON | PROPERTIES
Halifax's 1st Choice for Apartments
www.TempletonProperties.ca

Obama signs major food safety bill

U.S. President Barack Obama signed a $1.4-billion overhaul of the food safety system yesterday, giving Washington new power to increase inspections at food processing facilities and force companies to recall tainted products.

Congress passed the bill at the end of last year to respond to several serious outbreaks of E. coli and salmonella poisoning in peanuts, eggs and produce in the past few years. The law will be the first major overhaul of the U.S. food safety system since the 1930s.

ALEX WONG/GETTY IMAGES



▶ U.S. President Barack Obama and family

The bill had broad bipartisan backing in Congress, but it was criticized by advocates of buying locally sourced food and small-farm operators who said the new requirements could force some of them into bankruptcy. Senators eventually agreed to exempt some of those operations from the costly food safety plans required of bigger companies, but that move upset food safety advocates and larger growers. Those exemptions are in the legislation Obama is signing.

Many major food companies also support the bill, recognizing that safe food is good for business.

Those foods are regulated by the Agriculture Department and are subjected to more rigorous inspections and oversight than foods regulated by the FDA.

THE ASSOCIATED PRESS

Law's caveats

- The measure gives the Food and Drug Administration substantial new authority, but the money to carry out the legislation is not guaranteed.
- The new law would not extend to meat, poultry or processed eggs.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 40.91 (13,402.31)	– 0.39¢ (100.15¢ US)	– $2.17 US ($89.38 US)	$4.650 (– 1.9¢)

Gold contracts $1,378.80 (– $44.10)

PRICES AS OF 4 P.M. YESTERDAY

Possible delay in Arctic drilling

Alaska native and conservation groups have succeeded in challenging clean air permits granted to Shell Oil to drill exploration wells in the Beaufort and Chukchi seas.

Numerous groups alleged that Shell's permits granted by the Environmental Protection Agency would allow the company to emit tons of pollutants into the Arctic environment from a drill ship and support vessels.

The federal Environmental Appeals Board reviewed the permits and last week found that the EPA's analysis of the impact of nitrogen dioxide emissions from the vessels on Alaska's native communities was too limited.

It remanded the permits so the analysis could be fixed by the EPA.

THE ASSOCIATED PRESS

Commercial Space Available – Prime Location!

Rockingham Ridge Plaza
(Corner Dunbrack & Farnham Gate)

Suites Now Available For Lease: 1,351 - 2,210 sqft

Special Rental Packages for this Winter Season

Call today for further info:
464-7796 • 499-0319

CITIGROUP PROPERTIES LIMITED
Professional Property Management for Residential and Commercial Properties





Insurers sue Toyota over crashes

Seven insurance companies are suing Toyota Motor Corp. in an attempt to recover money paid to cover crashes they blame on sudden acceleration.

The Los Angeles Times reports that the insurers seek damages in excess of $230,000 from 14 crashes throughout the United States. The lawsuits were filed Thursday in Los Angeles Superior Court.

The insurers cite data that blames 725 crashes on sudden acceleration and fault Toyota for failing to equip its cars with an override system that would cause a car to idle if the brake and gas were deployed simultaneously.

Toyota said Monday the lawsuits are without merit.

THE ASSOCIATED PRESS

PAUL 2.0 LOOKING FOR A 2011 UPGRADE

Just sayin'

PAUL SULLIVAN



"Be at war with your vices, at peace with your neighbours, and let every new year find you a better man."
— Ben Franklin

I'm not sure if Ben Franklin invented New Year's resolutions, but he invented everything else, so let's give him the benefit of the doubt.

Every year, I go looking for a better man to take my place, but for some reason I can never find one, so I try to improve on the current model: Paul 2.0.

Of course, I'm not the only one. Most of us are unwrapping our 2011 calendars with the same sense of deluded optimism. And if our optimism doesn't seem deluded now, I'll check in again Dec. 31 and see how you feel.

According to the Farmer's Almanac, the top five New Year's resolutions are: 1. Lose weight; 2. Pay off debt; 3. Get in shape; 4. Eat right; and 5. Reduce stress.

All admirable goals. If you're like me, you've probably achieved each and every one.

For example, I have no trouble losing weight. And even less trouble putting it back on again.

I pay off debt like crazy. I'm never without debt to pay off.

I'm in shape. Pear shape.

I eat right. And left. And sometimes with both hands at the same time.

"Maybe it's not you or me after all; maybe the resolutions are unrealistic ... We need less ambitious resolutions."

And I reduce stress by overeating, retail therapy, and taking to the couch, preferably all three at once.

I can't figure out why Paul 2.0 is so elusive. I have the blueprint, and if that doesn't work, every talking head on the planet knows how to keep my New Year's resolutions. All I have to do is …

Maybe it's not you or me after all; maybe the resolutions are unrealistic. (Maybe? Have you ever met a successful resolution keeper? I didn't think so.) We need less ambitious resolutions.

So, this year, I resolve never to turn left without signalling. I resolve to tie a double knot so my shoelaces don't come undone. And, as a bonus resolution, I'm going to put the toilet seat back down!

Now these are resolutions that have a chance of being kept. If you think they lack a certain, um, resolve let's compare notes again Dec. 31 and see who kept what.

Let's give the Father of All Resolutions the last word, this time on the whole idea of resolutions: "Resolve to perform what you ought; perform without fail what you resolve."

Next year, I might try that.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER



Scientists move ahead

Worth mentioning

No more guessing



Dutch and Polish scientists have discovered that DNA can be used to predict people's hair colour, leading to the possibility of using the findings in future forensic investigations to identify individuals.

In a study published this week in the journal Human Genetics, a team of scientists led by Manfred Kayser, head of the department of forensic molecular biology at Erasmus Medical Center in Rotterdam, found that DNA can predict with an accuracy of more than 90 per cent whether a person has red or black hair.

They also found that by using DNA samples, they can predict with an accuracy of 80 per cent whether a person's hair is blond or brown.

Scientists collected hair samples from 385 Polish people between 2005 and 2009. The hair colour was classified into seven categories: Blond, dark blond, brown, auburn, blond-red, red, and black. Previously, red hair was the only hair colour that could be predicted from DNA.

Kayser and his colleagues also found that their DNA approach allowed them to differentiate hair colours that are similar, such as someone who might have blond hair versus another person who might have dark blond hair.

TORSTAR NEWS SERVICE

What's your favourite winter sport?

Email
halifaxletters@metronews.ca
Twitter
@metrohalifax

Metro has the right to edit letters and submissions.

metro

METRO HALIFAX • 3260 Barrington St., Unit 102, Halifax NS, B3K 0B5 • T: 902-444-4444 • Fax: 902-422-5610
Advertising: 902-421-5824 • halifax_advertising@metronews.ca • halifax_distribution@metronews.ca
Publisher Greg Lutes, **Managing Editor** Philip Croucher, **Sales Manager** Dianne Curran, **Distribution Manager** April Doucette
METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with Orchestral Currents

Symphony Nova Scotia is returning to the stage this week for its first show of 2011. Titled Orchestral Currents, the performance tomorrow at Sir James Dunn Theatre at the Dalhousie Arts Centre is part of the Open Waters Festival Of New And Improved Music.

The 7 p.m. show, in partnership with Upstream Music, will highlight some new work of Canada's most innovative contemporary symphonic music.

Some of the works being played include Mareille Groven's Moving To The Clear and Arnold Schoenberg's Chamber Symphony No. 2.

Tickets are $20 for adults, $15 for seniors and $10 for students and are available through symphonynovascotia.ca. METRO

CONTRIBUTED



▶ Symphony Nova Scotia will perform Orchestral Currents tomorrow at 7 p.m. at the Sir James Dunn Theatre.

2 scene

SNL



Jim Carrey and Gwyneth Paltrow will kick off the new year for Saturday Night Live with back-to-back hosting gigs. NBC said yesterday that Carrey will preside over this week's edition. Paltrow will take her third turn at hosting the show on Jan. 15.
THE ASSOCIATED PRESS

Roger Ebert's new movie-review show names film critic Ignatiy Vishnevetsky as a co-host

HANDOUT/THE ASSOCIATED PRESS



▶ Stephen Campbell Moore, left, Nicolas Cage and Ron Perlman all star in the Season of the Witch.

Scratching his scary movie itch

Nicolas Cage dives into genre with new sequence of movie releases Season of the Witch is up first

NED EHRBAR
SCENE@METRONEWS.CA

Nicolas Cage kicks off 2011 by heading back to the 14th century for Season of the Witch. Cage sat down with Metro to talk about how he chooses his roles, working with wolves and what's still on his to-do list.

With this film, last year's The Sorcerer's Apprentice and your upcoming Drive Angry, you're doing a lot of supernatural movies lately.
I've always had an interest in it. It's just that lately there's been more of them in sequence — and that's by design, because I did want to show that I was choosing my roles, that these were opportunities to me that were being selected to create a kind of new body of work. And I think it's because I don't want to feel tied down.
The sequence in the film when you're attacked by wolves looked pretty harrowing.
That was interesting. They're still wild. You read stories about things going horribly wrong. They're feral, you know? I mean, some of those shots the wolf was right there, right by my face. And I had a few visions of my face coming...off. No pun intended.
How was it filming in such remote locations?
I just kept waking up every day so happy to be there. To make a movie in that environment was really a huge pleasure for me. You can tell the difference. There were some special places we went to also that were like Celtic sacred sites. Some of the forests in the Austrian alps were some of the first areas that those people started to congregate. It was kind of magical.
Is there a genre you haven't done yet that you'd like to?
Well, I haven't done a musical yet, and I'd like to try that at some point. But I don't know what it would be. But yeah, I'd find that interesting.
Do you think you've scratched your scary movie itch?
I hope I have more than one. And I'm hoping that one day, when I get a little more time, I can direct one. That's the plan, but that's probably not going to be until I get into my 50s.
What type of scary movie do you think you'd like to direct?
I think it's a mixture of the kind of Japanese dream logic that we see in movies like Ringu and The Grudge combined with a sort of antebellum southern United States grandiosity.
I'll try to find a way to marry those two elements to make a horror film. I was thinking about a... well, I don't know if I should talk about it because I haven't written it yet.

In Focus



RICHARD CROUSE
SCENE@METRONEWS.CA

NICOLAS IS A CAGED ANIMAL

Season of the Witch star has built his career on giving the all-or-nothing performance



A cleverly edited YouTube video featuring a montage of Nicolas Cage "losing it" in the movies has racked up 1,677,816 views, which is probably more people than saw his recent trilogy of Razzie Award worthy work, The Wicker Man, Bangkok Dangerous and Knowing.

The vid is an eye opening look at Cage's trademarked brand of extreme acting; a method of over emoting perfected in the 66 movies he's made since his debut (under his real name Nicolas Coppola) in 1982's Fast Times at Ridgemont High. Citing The Incredible Hulk star Bill Bixby as a major acting influence, he has always been, for better and for worse, one of our most completely fearless (and koo koo bananas) actors.

This weekend's Season of the Witch promises an extra helping of full throttle Cage and will likely do some bang-up box office, but the actor has made many other, lesser known movies that are also worth a look.

One writer called Cage's work in Vampire's Kiss "a grand stab at all-out, no-holds-barred comic acting or one of the worst dramatic performances in a film this year" and 21 years after those words were written it's still hard to judge. The story of a man who may — or may not — be turning into a vampire is best remembered as the movie in which Cage ate a live cockroach, but also features one of his most unhinged performances.

A few years later came Red Rock West, a genre busting movie that unfairly barely made it to theatres. Cage hands in some of his best work as a broke but honest drifter, but only took the role after Kris Kristofferson turned it down.

At the intersection of Vampire's Kiss and Red Rock West is Wild at Heart, a film that perfectly showcases Cage's manic energy. As Sailor, he's a one of a kind Elvis wannabe with a snakeskin jacket and an attitude. It's a bravura performance that, like the jacket which he says, "represents a symbol of my individuality," is a symbol of his artistic individuality.



Dating Bieber comes at cost

Disney star caught canoodling with Bieber Since then, Gomez has received death threats over Twitter

Selena Gomez is learning that being romantically linked to Justin Bieber can be dangerous, according to the Daily Mail.

The 18-year-old Disney star was photographed canoodling with the 16-year-old singer on a yacht in the Caribbean over the holidays.

Since then Gomez has been receiving death threats from Bieber's fans on Twitter.

"Roses are red, violets are blue, [Selena Gomez] if you'll break [Justin Bieber's] heart I'm gonna kill you," wrote one fan.

Another posted, "If you are the girlfriend of Justin, I will kill you. I hate you."

Neither stars have responded to the posts.

METRO

GETTY IMAGES



Selena Gomez

Celebrity tweets



Neil Patrick Harris [@ActuallyNPH]

I'm a grown man. I'm 37 years old. And yet, I still giggle when anyone says the word 'duty.' Why is that?



Simon Pegg [@simonpegg]

Enjoying a lovely chef's salad right now. I mean the salad is lovely not the chef. Although s/he probably is. S/he made the salad. Mmmmm salad.



Kirstie Alley [@kirstiealley]

Sitting midst a Winter Storm...ahhhh gotta LOVE the drama...unless you are a stray cat....so all STRAYS go to the South garage door. WELCOME



John Cusack [@johncusack]

Off to park city — must snowboard — the urge came quickly — I was prepared to strike.

Talking points

keeps Bieber up at night

Justin Bieber says his hectic life is giving him insomnia.

"I just turn over all night and think. My mind races," he tells Vanity Fair.

"I think about all the things I didn't have time to think about during the day — like family and God and things that should be more important but you don't have time to think about, because you just get caught up during the day."

One thing he's not losing any sleep over, though, is ruining his successful career. "I know I'm not going to make a life-changing bad decision, as some people have," he says.

METRO

Reynolds, Bullock just friends?

Sandra Bullock has reportedly been spending a lot of time with Ryan Reynolds lately, prompting speculation that they're romantically involved.

But sources tell Popeater that isn't the case — yet. "They love spending quality time together," a source says.

"But they are not a couple, at least not yet. They are both newly single and leaning on each other for support... Any rumours of them being together and splitting up Ryan's marriage to Scarlett [Johansson] are false."

METRO



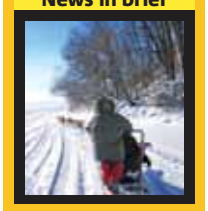
Ryan Reynolds and Sandra Bullock



While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The Comwave Call over 30 Countries for 1.9 cents does not include calls to overseas mobile phones and it has a monthly fee of $1.95. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paolo. Calls to Mexico on this bundle are to Mexico city and Monterey. Calls to Russia on this bundle are to Moscow and St. Petersburg. Calls to Overseas Mobile Phones may be billed at a higher rate. All Unlimited Plans do not include calls to the Yukon, Nunavut N.W.T., Alaska and Hawaii. Terms and conditions apply, see www.comwave.ca for details

3 life

News in brief



Evening outdoor activities in wintertime can be in short supply. But for those inclined to venture into the frigid dark, here's a suggestion from Quebec City Tourism: dogsled rides by torchlight. Two companies in the area offer the experience, the association says in a newsletter. Aventure Inukshuk takes two people per dogsled on 1½-hour rides, followed by a cocktail served by candlelight in a yurt. Aventures Nord-Bec Stoneham offers a package that includes dinner, a dogsled ride and a cocktail served in the woods.

THE ASSOCIATED PRESS



Team snowball fights added to Fur Rondy winter festival in Anchorage

A historical tour of Rue Ste-Catherine

Montreal museum takes a look at the city's most famous street's past

11 kilometres and 250 years brings with it plenty of good stories

Few people have probably thought about the rich history of Montreal's Ste-Catherine Street as they darted in and out of its restaurants and shops.

It's unlikely they dwelled much on it either as they walked past its homes on the way to some outdoor concert at the Montreal International Jazz Festival or took in an event from some other festival.

A new exhibit entitled Sainte-Catherine Street Makes the Headlines, at Pointe-a-Calliere, the Montreal Museum of Archeology and History, aims to change that.

"For the museum, the idea of presenting an exhibit on the history of Ste-Catherine Street was quite important," says Anne-Elisabeth Thibault, the project manager for the exhibit, which runs until April 24.

"It's one of the most popular streets — if not *the* most popular street — in Montreal."

Francine Lelievre, the museum's executive director, says that besides being a vital artery, Ste-Catherine Street is "a valuable witness to Montreal life, as well as one of its most faithful reflections.

"This is a wonderful opportunity to salute the 250-year history of such a symbolic thoroughfare, in the first exhibition on the subject, based on original research."

The museum team were aware that the show had to be accessible not only to locals but also out-of-towners who figured their burg had its own iconic street.

"When we thought about our exhibit, we really wanted to put it up not only for Montrealers but for people who would not know the street, who would be able to discover it through this exhibit," Thibault says.

The street's story is told through several themed sections using 230 artifacts, 300 pictures and 31 film clips in the large room of the Old Montreal museum.

"A little bit of the Forum is in this exhibit," notes Thibault as she perches on one of the seats from the Old Forum, as the building is referred to by locals.

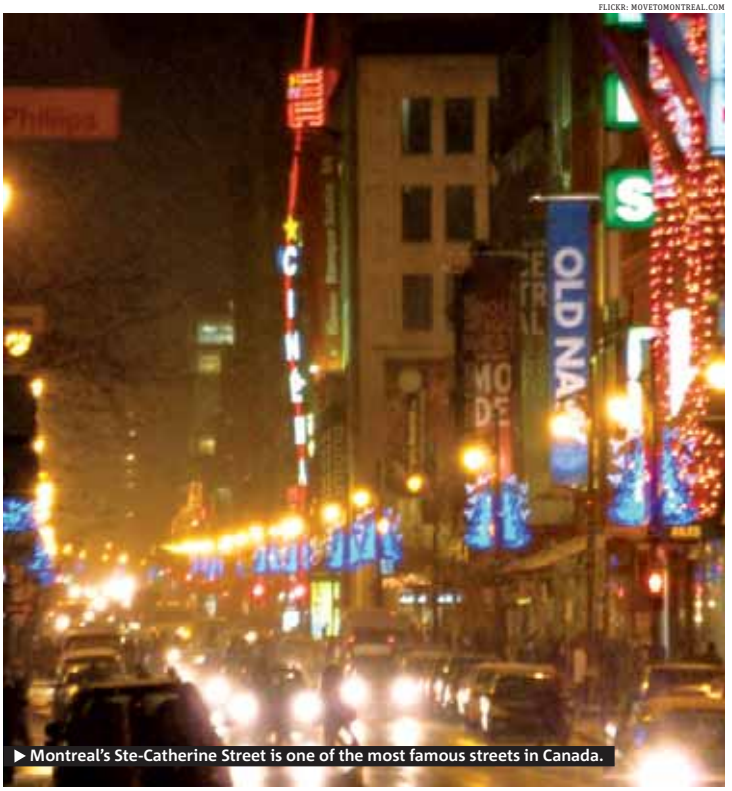
The Forum, which is one of Ste-Catherine Street's most famous venues, was replaced as the Montreal Canadiens' home in 1996 by the Molson Centre, which was later renamed the Bell Centre.

Ste-Catherine Street's 11 kilometres has seen a lot of history in its 250 years, and the intersection of Peel and Ste-Catherine is often touted as one of Canada's important crossroads, right up there with Winnipeg's Portage and Main.

For more info go to pacmusee.qc.ca/en/home.

THE CANADIAN PRESS

FLICKR: MOVETOMONTREAL.COM



▶ Montreal's Ste-Catherine Street is one of the most famous streets in Canada.

THE CANADIAN PRESS/MUS E POINTE-A-CALLIERE/MICHEL JULIE



▶ View of the exhibition room at Pointe-a-Calliere at the Montreal Museum of Archeology and History that has a new exhibit on Ste-Catherine Street.



FLICKR: MALE GRINGO



▶ Taking a bike ride in Cuba is a great way to see the country and bond with the locals.

Going for a ride in Cuba

Great weather, flat roads and less cars make Cuba a great place to use your pedal power to see the sights

WILL HIDE
TRAVEL@METRONEWS.CA
METRO WORLD NEWS

A heavy downpour would normally send me racing for cover, but after a day cycling west of Havana in temperatures around 30 C, rain was a welcome relief. Sudden showers aside, Cuba is a great place to go cycling.

The landscape is generally flat and even if you hit a hill, there's the lure of the downhill glide to keep your spirits from flagging.

Plus, it's always warm enough to wear shorts and T-shirt.

Because of the trade embargo put in place by the United States there are few cars on the road. This mean that millions of Cubans own bikes, which makes it a great way of bonding with the locals.

After a few days sightseeing in Havana, I joined a group employing pedal power for a tour around old colonial towers, through tropical forests, past coffee plantations and tobacco fields.

Our average distance was 38 kilometres a day. After a leisurely breakfast, we'd set off past men driving donkey and carts, and cycle for the morning (sometimes along car-free motorways), before stopping for a picnic lunch of moros y cristianos (rice and beans) and just-picked bananas.

As well as visiting the Bay of Pigs (site of the ill-fated invasion by U.S. forces in 1961) we stopped at Cienfuegos, a town founded by French immigrant farmers in the early 19th century.

The city of Trinidad was another highlight, with its cobbled stone streets, colonial buildings and fantastic live music.

A few days cycling in Cuba will certainly make you fitter, but more importantly, get you closer to the fascinating country. All in all it's as much a revelation as a revolution.

The nightmare of no money

JOURNEY WOMAN

EVELYN HANNON
JOURNEYWOMAN.COM

It's every solo traveller's worst nightmare. What happens if my bank or credit cards are stolen? What do I do, who can help and how can I possibly avoid ending up with no money at all?

Unfortunately, I've learned that you can't protect yourself completely. You've got to plan for the worst and then try to be as savvy a traveller as possible.

In my backpack, I carry a plain school notebook that I've clearly labelled, My Travel Notes. This is actually the book where I write my findings for future articles, tape business cards and include some personal photos. This notebook gets quite dog-eared as I travel and that is a deliberate tactic on my part.

Now, this is the best part … So that I will never be without money, I tape five $10.00 bills and an extra credit card to the inside cover of this notebook.

Over it, I staple a copy of my itinerary which protects and hides this stash completely. Nobody ever suspects that there is money there.



Enjoying the backcountry

Winter is a great time for some outdoor fun just make sure to be prepared for the conditions

DONNA LAWLOR/THE ASSOCIATED PRESS



▶ The solitude, quiet and frozen cold of a winter landscape are great reasons to head outdoors in January and February. You can snowshoe, ski, trek or go sledding. Sleds make a great way to haul your gear instead of a backpack.

The solitude, quiet and frozen cold of a winter landscape are great reasons to head outdoors in January and February. You can snowshoe, ski, trek or go sledding. Sleep overnight in a tent, lean-to, yurt or cabin.

But the backcountry in winter can also be a challenging landscape to stay safe in, and if things go wrong, they can go wrong fast. Here are a few tips on safely enjoying backcountry activities in the winter.

PLANNING

Going with someone knowledgeable about winter trekking is critically important when you're a novice. They can help with your gear list, plan a reasonably distanced overnight or day excursion, and give you practical tips and guidance along the way.

Preparation is your most important step. Winter trekking is perfectly suited to the neurotic personality because the creation of lists and piles of stuff is key: clothing, gear, food, routes, contacts - it seems to never end. And once out in the frozen deep, the methodical mind is forced to slow down to survey, assess and physically get through the landscape.

Outdoor clubs are a good resource for the novice and experienced hiker alike. They have loads of free information on their websites, and for small membership fees typically offer discounts on backcountry lodging, sponsored trips, classes, maps, and gear.

GETTING DRESSED

There is a constant heat challenge travelling in the backcountry. The balance is to stay warm, dry and well-fed and hydrated when you travel."

Getting dressed for winter activities is all about layers. Put them on and take them off to regulate your body temperature. It may not produce the most flattering look, but you'll be happier (and safer!) if you do it right. Generally you should employ the three-layer system: base, insulating, and shell.

DISTANCE

Generally, winter travel takes longer than treks in other seasons. Plan on covering just a third of the ground you normally would in non-winter conditions. If there's snow, it simply takes longer to plow through it, and you'll spend more time just finding the trail.

The gear you'll need depends on the activity you've chosen and how long you'll be out.

So start slowly. Short day hikes under 1.6 kilometres can still be incredibly satisfying."

The roads also make it easier to pull a sled, instead of hauling all your gear in a backpack.

THE ASSOCIATED PRESS



FLIGHT CENTRE® Unbeatable

Airfares

Cancun from $199 + taxes & fees $279

Toronto	one-way from $129 + taxes & fees $72
St Petersburg, Florida	from $179 + taxes & fees $236
Punta Cana	from $215 + taxes & fees $322
Orlando	from $229 + taxes & fees $240
Bermuda	from $258 + taxes & fees $144
Vancouver	one-way from $279 + taxes & fees $100
Varadero	from $285 + taxes & fees $219
Las Vegas	from $319 + taxes & fees $126
Jamaica	from $335 + taxes & fees $270
New York	from $369 + taxes & fees $137
Rome	from $479 + taxes & fees $459
Amsterdam	from $509 + taxes & fees $421
Buenos Aires	from $849 + taxes & fees $319
Bangkok	from $928 + taxes & fees $323

All-inclusive Vacations

Puerto Plata 7 Nights 4-Star from $557 + taxes & fees $326

Cancun 4 Nights 4.5-Star from $629 + taxes & fees $280

Dominican Republic 7 Nights 4-Star from $665 + taxes & fees $222
INCLUDES accom in Santo Domingo.

Varadero 7 Nights 4-Star from $675 + taxes & fees $219

Punta Cana 7 Nights 4.5-Star from $767 + taxes & fees $326

Jamaica 7 Nights 4-Star from $960 + taxes & fees $274

Europe

Paris & London Air + 8 Nights from $1149 + taxes & fees $568
INCLUDES air into Paris, return from London, 4 nights Paris accom, Eurostar transfer & 4 nights London accom.

Cruises

Bahamas 4-Night Cruise from $159 + taxes & fees $62
CRUISE roundtrip Port Canaveral and visit Coco Cay & Nassau.

Western Caribbean 5-Night Cruise from $249 + taxes & fees $83
CRUISE roundtrip Miami and visit Grand Cayman & Ocho Rios.

Southern Caribbean Valentine's Day, 7-Night Cruise from USD $479 + taxes & fees USD $46
CRUISE roundtrip San Juan and visit St Thomas, Dominica, Grenada, Bonnaire & Aruba.

Mexican Riviera 7-Night Cruise from $508 + taxes & fees $91
CRUISE roundtrip Los Angeles and visit Cabo San Lucas, Puerto Vallarta & Mazatlan.

Spain & Morocco 9-Night Cruise from $582 + taxes & fees $125
CRUISE roundtrip Barcelona and visit Casablanca, Agadir, Las Palmas, Funchal & Malaga.

Eastern Caribbean 8-Night Cruise from $719 + taxes & fees $106
CRUISE roundtrip Fort Lauderdale and visit San Juan, St Thomas, Labadee & St Maarten.

USA

Las Vegas Air + 4 Nights from $469 + taxes & fees $132
INCLUDES accom on the Strip. UPGRADE to the Mirage from $14 per night.

Boston Air + 4 Nights from $499 + taxes & fees $115
INCLUDES downtown accom in the theatre district. ADD Boston trolley tour & harbour cruise from $35.

Miami Air + 4 Nights from $599 + taxes & fees $98
INCLUDES South Beach accom. ADD 1-day Miami sightseeing hop-on hop-off bus pass from $54.

California Air + Car from $612 + taxes & fees $212
INCLUDES air to Los Angeles, return from San Francisco and 7-day car rental with unlimited mileage.

New York Air + 3 Nights from $624 + taxes & fees $119
INCLUDES Manhattan accom near Times Squares. ADD roundtrip airport transfers from $46.

Hawai'i Air + 7 Nights from $1043 + taxes & fees $111
INCLUDES Waikiki accom. ADD Arizona Memorial tour from $33.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!

1 866 485 7093 | TEXT Join our Insider Club for hot deals. Text YHZ to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Halifax. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree.

Not your average Italian soup

This pan-fried sourdough bread and tomato soup is a modern twist on the traditional pappa al pomodoro

Italian bread and tomato soup — known as pappa al pomodoro — is a wonderful way of using up stale bread and overripe tomatoes.

It produces a richly savoury soup that is thick and satisfying enough to make a meal of.

It is typically made by sauteing onions and garlic, then adding tomatoes and cooking.

Just before serving, cubes of stale bread, chopped fresh basil and a bit of chicken broth are stirred in.

With this approach, the order is reversed. Instead, you pan-fry cubes of bread in olive oil until crisp, then add the tomatoes.

The bread retains a nice chew and the tomatoes also have a nicer texture. It's a keeper.

Preparation:

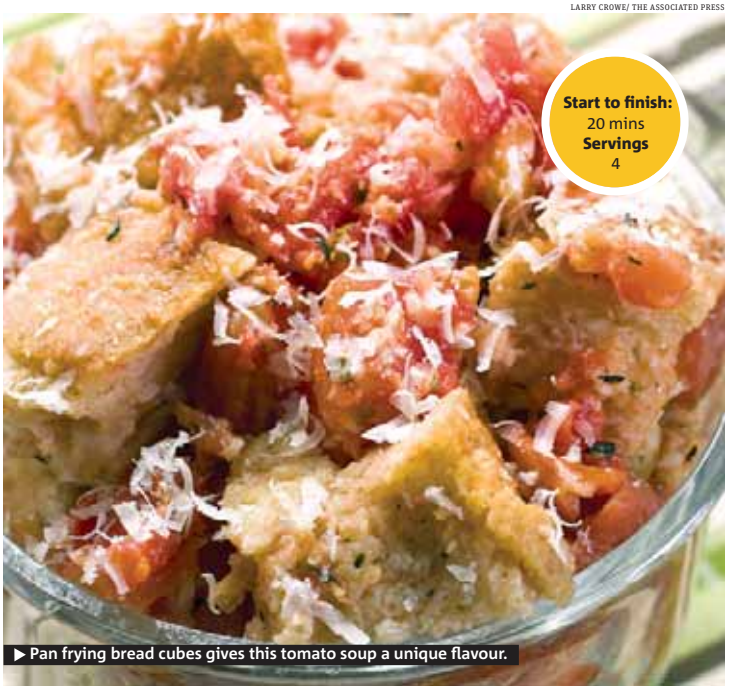
1. In a large saucepan over medium-high, heat the olive oil.
2. Add the bread and toast, stirring frequently, for 5 minutes. The bread will quickly absorb the oil. Keep the bread moving in the pan so it toasts, but doesn't burn.
3. Add the wine, then continue toasting the bread for another 5 minutes. Add the thyme, oregano and garlic powder, then cook for another for 2 minutes.
4. Add the tomatoes and chicken broth, then mix well but gently. Continue cooking until heated through, then stir in the cheese.
5. When the cheese is melted, season with salt, pepper and add a splash of balsamic vinegar.

THE ASSOCIATED PRESS

Ingredients :

- 45 ml (3 tbsp) olive oil
- 450 g (1 lb) sourdough bread, cut into cubes (about 8 cups)
- 60 ml (1/4 cup) white wine
- 2 ml (1/2 tsp) dried thyme
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) garlic powder
- 796 ml (28-ounce) can diced tomatoes
- 250 ml (1 cup) chicken broth
- 125 ml (1/2 cup) grated Parmesan cheese
- Salt and ground black pepper, to taste
- Balsamic vinegar, to taste

LARRY CROWE/ THE ASSOCIATED PRESS



▶ Pan frying bread cubes gives this tomato soup a unique flavour.

Comfort food goes healthy

Your favourite winter eats can also take a grown up approach

Winter comfort foods may be many things to many people, but they all tend to improve our well-being, perhaps fulfilling a need for warmth, both physical and emotional.

"They speak to me of my childhood, to things that make me feel warm and relaxed," says Ted Grant, an instructor at the Culinary Institute of Canada in Charlottetown.

Grant admits to a fondness for macaroni and cheese, but now that he's a professional chef he's been able to amp it up from the boxed and boiled version that brought him joy in his youth.

"Now as a chef I'll make a real nice cheesy sauce and, if I'm at home, have maybe a nice homemade noodle for it," he says, admitting to a fondness for shepherd's pie as well.

Grant says there are also guilt-free ways to enjoy sweets while experiencing a nostalgic nosh by avoiding refined sugar and using items like maple or agave syrup and honey.

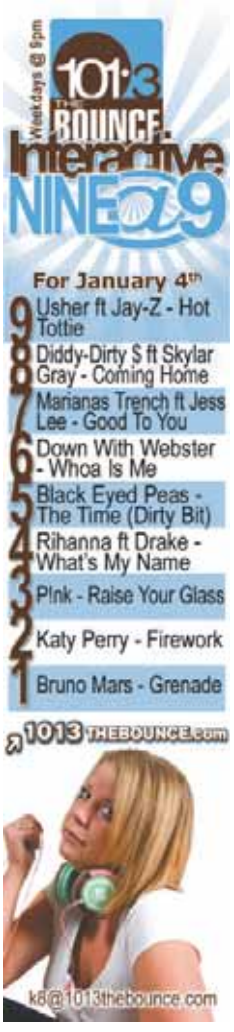
"You can make fudges and great cookies. You can serve a child a cup of hot chocolate sweetened with honey rather than white sugar and they're not going to pick up on it."

THE CANADIAN PRESS

THE CANADIAN PRESS/ HAND OUT DAIRY FARMERS



▶ Vegetable pasta gratin is a healthy take on macaroni and cheese.





ALL PHOTOS:FLICKR: SOCIALISBETTER







▶ In a world where recruiters are inundated with hundreds of resumés, getting creative is a must.

Reinvent your resumé to stay ahead of the competition

DREW HINSHAW
LIFE@METRONEWS.CA

It's the beginning of a new decade, flush with opportunities for the seizing — unless the resumé you're emailing employers still reads like an antique parchment relic from the paper century.

Today's unemployed enjoy unorthodox tricks to creatively catch the attention of prospective hirers, from posting video, flash, or html-based resumés to taking out pay-per-click ads that plaster your credentials whenever a bored boss Googles "accountant."

But for fear of the unknown, as resumé coach Laura Smith-Proulx notes, all too many Jobless Joes are sticking by their one-page pdfs.

"A lot of people are still reluctant to create something that's cutting edge."
RESUME COACH LAURA SMITH-PROULUX

"The single page resumé with an objective up top really went the way of the dinosaurs," she says.

"A lot of people are still very reluctant to create something that's cutting edge because they've never seen a resumé that looks cutting edge."

If your idea of a breathtaking CV involves a Microsoft Word template, re-route your efforts into one of the free online resumé builders like VisualCV.com, President Louise Fletcher of Blue Sky Resumés recommends.

"Those kinds of things are great additions to a personal website," she says. "You can get a lot more information on there than on a traditional resumé, and you can show your personality more."

Plus it's convenient.

"People can choose to click on the link or not," she adds. And for overworked recruiters inundated with attached resumés, that ease of use makes the difference between "why not" and "no."

Promoting your qualifications in 140-character Twitter blasts can grab the eye of the right HR rep, too, Proulx offers.

"It's possible that some companies may be exclusively recruiting in Twitter," she points out, so make sure your Twitter bio is up-to-date.

If you're preparing anything more time-consuming, however — be it a video resumé or some niweb art — don't bother sending it out to the company HR department.

"When you're doing something different, part of it is coming up with the creative presentation and part of it is being creative about who you get it to," Fletcher explains.

Passionate about fashion?

Mills, a Micco Company, is the premier destination for Halifax's fashionistas for over 90 years—and we're hiring.

As a **Mills Fashion Advisor**, your primary focus is to build and maintain relationships with our clients. You are the most critical link in ensuring that our customers' experience in our store is nothing other then outstanding. Your responsibilities will include, but are not limited to demonstrating exceptional customer service, building and maintaining a loyal client base, providing clients with product knowledge, assisting with in-store events and the arrival of new merchandise and working as part of a team to meet individual, department and store objectives.

Previous experience in sales and/or a retail background is preferred. Successful candidates must be available to work a flexible schedule that includes daytime, evening, weekend, and holiday shifts.

Please no phone calls. Resumes can be sent to:
Email: moira.macdonald@micco.ca
Fax: 902-457-4804

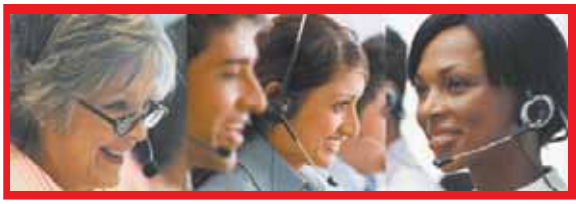
Serving Halifax Since 1919
Mills
...where fashion meets beauty
—a Micco company—

START YOUR CAREER HERE

Scotiabank named *Contact Centre of the Year, and One of the Best Places to Work in Canada 2010.* Join our team as a Customer Service Officer!

Qualifications
- Ability to multi-task
- Strong team focus
- Proficiency in phone, communication & computer skills

Choose Scotiabank
- Contract part time 27.5 h/wk
- Competitive wages @ $14.60/h
- Opportunity to work from home



Scotiabank®
Apply online: scotiabank.com/excellence
The Scotiabank Group is an equal opportunity employer and welcomes applications from all interested parties. We thank you for your interest, however, only those candidates selected for an interview will be contacted

Don't let Zs grab hold of your Bs

A disjointed snooze means a student may lose, experts say Prioritize a healthy sleep pattern now that the lazy holidays have come and gone

SMATH/FLICKR



Fading into sleep wherever you find a resting spot may have an impact on your schoolwork.

"Sleep hygiene is really underrated," says Dr. Betsy Smith, director of counseling at the Massachusetts College of Art and Design. "If you get into a cycle of staying up late and sleeping late, that can lead to real problems."

Creating a steady, restful sleep pattern might be the simplest thing you can do to improve your spring semester.

"There's a number of contributing factors at the end of the fall semester. As you get closer to going home and having to report on how you're doing, the stress can go way up," says Dr. Carolyn Kaufman, a psychologist at Columbus State Community College. "Plus the light changes a lot at the end of the fall. Suddenly you're not getting enough light, and your coping skills are knocked down a notch."

A recent study featured in the medical journal Sleep and Breathing went even further. Focusing on students at Montgomery College in Maryland, researchers looked not just at the amount of sleep, but also the wakeup times, of the students. They found that students who rise earlier have better GPAs.

But that might not be the answer for everybody, especially students in the arts. "There's research that suggests that creative people tend to be night people," says Kaufman. "If they get themselves up earlier, they're not more productive, because they're missing their best hours. … It's better to create a consistent pattern." METRO

Technology to keep you on track

New gadgets are helping the modern masses gain control over the use and misuse of, well, their gadgets

Dan Nainan can't trust himself to work at his computer without clicking on distractions, so he uses an Internet-blocking program to shut down his web access twice a day.

"I'm sorry, but try as I might, I could never, ever do this on my own," said the New York City comedian who's struggling to finish a book. "I wish I could, but I just don't have the discipline."

Nainan's system of two, two-hour blocks is one example of how Americans are trying to control their impulses using technology that steps in to enforce good behaviour.

With the new year days away, many tools are now available to help people stay in line, including a GPS-enabled app that locks down texting once a car gets rolling and a program that cuts off credit-card spending. Another device monitors your workout and offers real-time voice feedback.

Have we entered an era in which electronics serve as mother, cop and coach because we can't manage our own desires?

Yep, said Ann Mack, a trend-watcher for JWT Intelligence, an arm of the marketing giant. She named "outsourcing self-control" and "de-teching" as two top trends for the new year.

"The thing is we're becoming more aware of these behaviours and, as a result, we're trying to seek help to circumvent some of our more base impulses," Mack said. "We're bombarded more and more with temptations on a regular basis, and it's getting increasingly difficult to deal with that." THE ASSOCIATED PRESS

ISTOCK



ISTOCK

Getting too much of a good thing?



4 sports

Quoted



"Any time you get to the final of a tournament with the best players in the world, there are no guarantees. All you can do is concentrate on your preparation and give your team the best chance to win."
CANADIAN COACH DAVE CAMERON

Scan code for more sports

It all comes down to this

Canadian goaltender prepares for 'the biggest game I've ever played in my life' Russians have improved since opening-game loss to Canada

ANDREW WALLACE/TORSTAR NEWS SERVICE



Team Canada starting goalie Mark Visentin speaks at a press conference yesterday.

Canada's closest rival has been beaten, but now comes the game for gold against an old foe.

Another overwhelmingly pro-Canadian crowd is expected to pack HSBC Arena when Canada takes on a Russian squad with a flair for drama in the final of the world junior hockey championship tonight.

And no one will be more in the spotlight than goaltender Mark Visentin.

The starter for the nearby Niagara IceDogs of the Ontario Hockey League may have looked shaky as he gave up a goal on the first shot of a 4-1 quarter-final win over Switzerland, but he made the saves he needed to and then did the same in another 4-1 victory over the rival Americans in the semifinals.

"I'm excited for the opportunity," Visentin said yesterday. "It's definitely going to be the biggest game I've ever played in my life."

Olivier Roy lost the starting job after he was beaten high twice and then surrendered a pair in a shootout as Canada lost 6-5 to Sweden in its final round-robin game.

But Canada came back with not only a new goaltender in Visentin, but a new level of intensity and a hardened commitment to defensive play as it began single-game knockout competition.

Since the loss to Sweden, they have dominated, allowing only a small handful of good scoring chances to both the Swiss and the Americans as they controlled the boards and the play.

A defence that looked suspect during the preliminary round has suddenly rounded into shape, while the forwards have been strong at both ends.

"They've been excellent in all areas of the ice," said Visentin. "Just protecting against scoring chances and communicating with me when I play the puck.

"That really makes it easier on me. When you come here, you have the best D-men in Canada. It really shows how good they are out there, keeping the shots to under 30 a game. I love them out there. They're doing a great job and we're going to keep it up."

THE CANADIAN PRESS

Alomar poised to join best of all-time

Roberto Alomar is a likely choice to be named for induction to the Baseball Hall of Fame today, but Larry Walker's candidacy isn't likely to be met as warmly.

Alomar, the star second baseman who helped lead the Toronto Blue Jays to a pair of World Series titles, fell eight votes short last year of the 75 per cent threshold in voting by eligible members of the Baseball Writers' Association of America needed for a place in Cooperstown.

This time, he looks like a slam dunk to make it. Alomar collected 2,724 hits, 210 homers, 1,134 RBIs, 1,508 runs and 474 steals in 2,379 games over 17 seasons.

"I really don't want to jinx it," said Blue Jays president and CEO Paul Beeston. "I was surprised and disappointed when Robbie didn't get in last year. I shook my head at it, not only for the way he played with the Blue Jays, but for the way he played throughout his baseball career."

Alomar's selection would be fitting, as he would enter the hall this summer with Pat Gillick, the former Blue Jays general manager who brought him to Toronto in a 1990 trade that changed the franchise. Gillick earned election in a December vote by a veterans committee. Walker is on the ballot for the first time. Pitcher Ferguson Jenkins of Chatham is the only Canadian in Cooperstown.

The question for fans north of the border is whether anyone else with ties to Canada joins them.

The chief candidate on that front is Walker, the native of Maple Ridge, B.C., who spawned a generation of players in his home province. THE CANADIAN PRESS



PUERTO PLATA
$649
DOMINICAN REPUBLIC
Grand Paradise Playa Dorada
★★★★
All Inclusive – 7 nights
Mon, Mar 21, 28
Add taxes & fees $326

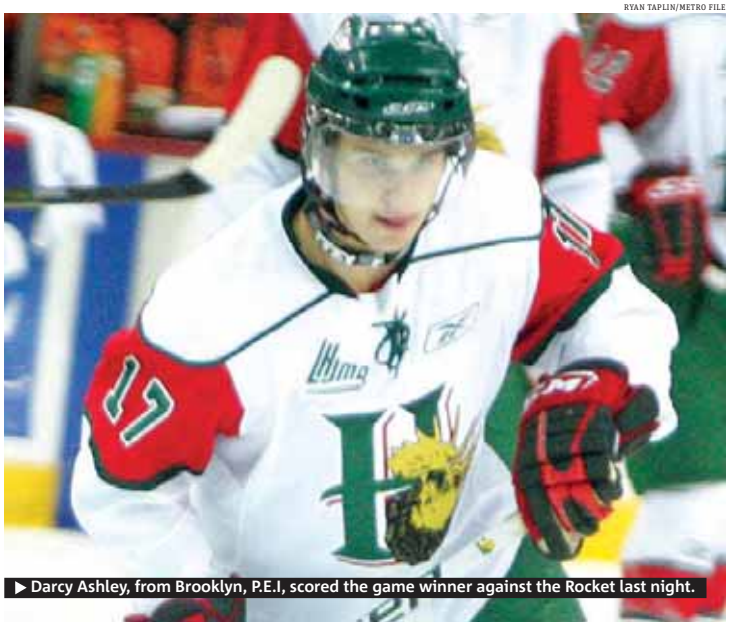
RIVIERA MAYA
$839
MEXICO
Allegro Playacar
★★★★
All Inclusive – 7 nights
Fri, Mar 11, 18, 25
Add taxes & fees $277

CAYO SANTA MARIA
$1069
CUBA
Meliá Las Dunas
★★★★½
All Inclusive – 7 nights
Thu, Mar 10, 17
Add taxes & fees $210

CONTACT YOUR TRAVEL AGENT
marlin travel 1-877-888-1717 OR NOLITOURS.COM
NOLITOURS It's all included.

Flights from Halifax via Air Transat or Canjet. Prices shown are per person, based on double occupancy in lead room category. Taxes & fees extra and noted above. Space and price subject to availability at time of booking and subject to change without notice. For complete details refer to the Nolitours 2010-2011 Sun brochure. Nolitours is a division of Transat Tours Canada Inc., and is registered as a travel wholesaler in Ontario (Reg # 50009488) with offices at 191 The West Mall, Suite 800, Etobicoke, ON M9C 5K8.

RYAN TAPLIN/METRO FILE



▶ Darcy Ashley, from Brooklyn, P.E.I, scored the game winner against the Rocket last night.

Islanders make good in return to home province

Darcy Ashley was the hero for the Herd last night



MATTHEW WUEST
@METRONEWS.CA

The boys from Prince Edward Island got the job done in their home province for the Halifax Mooseheads last night.

Darcy Ashley of Brooklyn, P.E.I., had an assist and scored the game-winner with just 76 seconds left, while Brent Andrews of Hunter River, P.E.I., scored twice as the Mooseheads doubled the P.E.I. Rocket 4-2 in Charlottetown.

"Those guys have been playing well in a lot of games," said Mooseheads head coach Bobby Smith of the two 17-year-olds.

"Ashley has been getting a lot of points and it would be unfair to him to say he played with something extra in P.E.I. because he's been good for a while. And it was a good game for Andrews."

Ashley, who has 12 points in his past seven games, lifted the Mooseheads to victory just 45 seconds after the Rocket had scored a late goal to tie the game at 2-2.

Smith said the Mooseheads played a "solid game" and were "excellent defensively." Francis Turbide had the other single and rookie goalie Anthony Terenzio got the win with 26 saves.

The Mooseheads, who have won four of their past six games, are 15th overall in the QMJHL standings with a 14-24-1-1 record and 30 points, three points behind the Val-d'Or Foreurs. They host the Moncton Wildcats on Friday night.

UNDER-17 HOCKEY

East coast gets solid result

Team Atlantic's fifth-place finish at the world under-17 hockey challenge in Manitoba ranks as the second best all-time.

Team Atlantic, which claimed bronze in 2005, beat Team West 2-1 in the fifth-place game late Monday night in Portage la Prairie.

Halifax Mooseheads forward Andrew Ryan finished with the team scoring lead and tied for third at the tournament with two goals and seven assists in five games.

Cole Harbour's Nathan MacKinnon, who is a candidate to go No. 1 overall in the 2011 QMJHL draft, had five goals and three assists in five games and was tied for fifth in tournament scoring prior to yesterday's games.

Mooseheads forward Luca Ciampini, who had six goals in six games, saw his quest for a medal fall short yesterday in Quebec's 5-4 overtime loss to Team Pacific in the bronze-medal game. It was Quebec's second straight overtime setback. MATTHEW WUEST

Swiss fall to Canada in under-22

Halifax's Jillian Saulnier had a pair of assists as Canada beat host Switzerland 5-0 to open the MLP Cup women's under-22 hockey tournament yesterday in Kreuzlingen.

Saulnier and Hammonds Plains native Brittany Haverstock are part of Canada's 22-player contingent. The team is in action again tomorrow against Germany.

MATTHEW WUEST



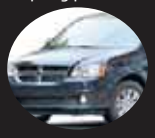
5 drive

By comparison

Honda Odyssey
Base price: $31,600
All-new 2011 model is roomy, powerful and loaded with features.



Dodge Grand Caravan
Base price: $28,900
Updated with powerful V6 and a much nicer interior. Also a tempting price.



Toyota Sienna
Base price: $29,600
Stylish, spacious and it's the only minivan to offer optional all-wheel-drive.



WHEELBASE MEDIA

For 2011, Nissan's minivan gets a little form to go with all that function



▶ Is the Quest part of a new super-cool minivan category, or is it an extension of the Venzas, Journeys and Mazda CX-9s of the world? Stylistically, yes to the latter, but without all-wheel-drive, it's still a minivan.

Nissan makes its minivan comeback

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

There might be plenty of room inside most minivans, but will there be enough room for all of the newly reconstituted models that have recently emerged from hibernation?

The Nissan Quest is the most recent member of the minivan group to awaken from its dormant state. Many pundits thought it might never return since there was no 2010 edition.

With an early 2011 due date, the Quest joins the newly altered Toyota Sienna and Honda Odyssey people movers.

They enter the fray alongside Chrysler's one-two punch: the Town & Country and Dodge Grand Caravan minivans that have also been refreshed with better engines and upgraded interior and exterior styling.

Compared to the awkward-looking Quest of old, the styling of the 2011 version is far more pleasing.

The overall design has added curves and sculpting to the hood, doors and rear quarter panels that lessens the typical minivan's boxy appearance.

The wraparound rear glass allows the lift gate to neatly blend in with the rest of the body, despite its extreme upright posture.

$32k

The estimated base price (including destination) of the 2011 Nissan Quest is $32,000.

Along with the Quest's new suit of clothes, the designers cut the distance between the front and rear wheels by about 15 centimetres, bringing that number more in line with the competition.

This should make the Quest more manoeuvrable in tight spaces without too great a sacrifice in ride quality or passenger room.

As with most minivans, there are three rows of seats, but the Quest comes standard with second-row, high-back buckets instead of a more typical bench. Also unique is the split-folding three-place third row that tilts forward to create a flat load surface.

This is instead of folding into the rear well below the floor, which in the case of the Quest is now always available for discrete stowage of smaller items.

The Quest's 3.5-litre V6 is the workhorse engine for a number of Nissan cars and trucks.

In the Quest, it makes 253 horsepower, up from 235 horses.

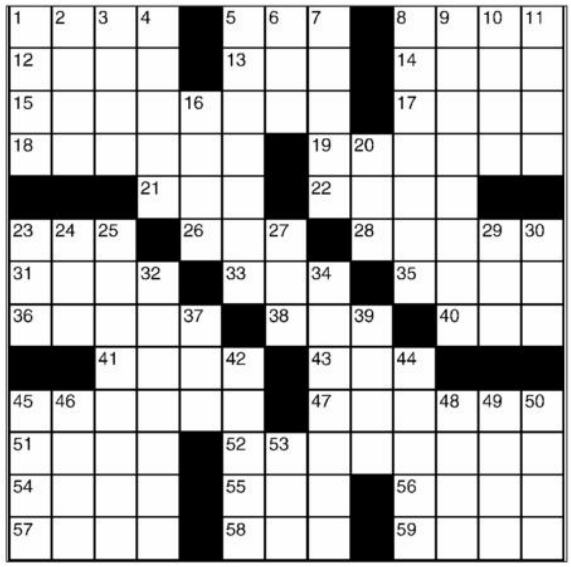
Being out of the minivan game for the 2010 model year while its competitors were busy bringing out new products could potentially hurt Nissan's attempts at a comeback.

Fortunately, the latest Quest has plenty of style and substance that should resonate with shoppers in this bracket.

For those folks, it's a Quest very much worth considering.

Sysco Presents
BLIND DATE
January 17, 2011
...WITH A STAR
In support of the Learning Disabilities Association of Nova Scotia
11th YEAR
Here's a preview of some of our fabulous participating venues:
• Hamachi Sushi
• Saege Bistro
• The Five Fishermen
• Hamachi Steakhouse Bar & Grill
• Trendz
• Niche
• Chives Canadian Bistro
• Durty Nelly's
• Carleton
• The Old Triangle
• Little Europe
• Royal Nova Scotia Yacht Squadron
• Hart & Thistle
• Onyx
• Brussels
• Hamachi Kita
metro CBS OUTDOOR PRECISION ATLANTIC MEDIA GROUP FRASER HOYT C100 ntm TCL MetroTransit AVW-TELAV Good things come from Sysco

Crossword



Across

1 Dresses in
5 Navy rank (Abbr.)
8 Early birds?
12 Colorful fish
13 Deteriorate
14 Chick's sound
15 Prepare
17 Sicilian spouter
18 Cleans the cookware
19 Not as small
21 Wildebeest
22 Therefore
23 Joke
26 Historic time
28 Weapon in "Psycho"
31 Individuals
33 North Pole employee
35 Concludes
36 Annie of "Designing Women"
38 Three on a sundial
40 Space
41 Saharan
43 Director Howard
45 On the beach
47 Thwart
51 Military vehicle
52 Fare
54 Asian nursemaid
55 The whole enchilada
56 Approximately
57 Carnival attraction
58 Firmament
59 Trawler equipment

Down

1 Canines
2 Oil cartel
3 Brussels-based org.
4 Unspoken "I don't know"
5 Rubout
6 Affirmative action?
7 Fashion
8 Fancy centerpiece
9 Move on
10 Siskel or Kelly
11 Mast
16 Sea eagle
20 Noah's boat
23 Bush league?
24 "I'll take that as — "
25 Advance
27 Will Smith biopic
29 Rx safety grp.
30 Kreskin's claim
32 Stanza
34 Above all others
37 Round Table address
39 Tittle
42 "La Toilette" artist
44 Hose material
45 Open somewhat
46 Big rig
48 Oliver Twist's request
49 "Meet Me — Louis"
50 Hollywood clashers
53 Wapiti

▶ Friday's answer

G	L	A	M	■	B	A	H	■	H	E	S	S
A	O	N	E	■	E	K	E	■	A	L	E	E
L	O	N	G	H	A	I	R	■	I	B	E	X
E	T	A	■	I	N	N	■	G	R	A	N	T
■	■	■	S	L	Y	■	B	U	S	■	■	■
M	I	G	H	T	■	M	O	T	H	E	R	S
A	L	A	I	■	F	A	X	■	I	D	E	A
H	E	B	R	A	I	C	■	G	R	O	O	M
■	■	■	T	I	X	■	F	I	T	■	■	■
T	I	L	T	S	■	G	A	L	■	O	H	O
A	R	E	A	■	T	A	I	L	S	P	I	N
M	A	G	I	■	O	U	R	■	H	E	E	L
E	N	O	L	■	P	L	Y	■	E	D	D	Y

Sudoku

	3	1	9			7		
				1		6		3
5	9				4			2
		7						8
	2						7	
3						2		
2			1				6	9
1		4		7				
		5			2	4	1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

1	5	7	3	2	9	6	4	8
8	4	9	6	5	1	2	7	3
3	6	2	4	7	8	9	5	1
9	7	5	8	4	3	1	2	6
6	1	8	2	9	5	4	3	7
2	3	4	7	1	6	8	9	5
4	2	1	5	8	7	3	6	9
5	8	3	9	6	4	7	1	2
7	9	6	1	3	2	5	8	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

My monkey, my chi-chi! there's no one else who's ever made me feel this way when i asked you how you did it you just say "it was nothing at all" these past few months have been the best of my life and i can't wait for the rest of our lives! I love you! **LOVE YOUR ZEBRA PRINCESS**

Calabacito, Happy new year and thank you for all the wonderful time we spent together all this time. Looking forward to have great moments with you in this new year. **LOVE YOU MUCH + KISSES, YOUR COCONUT.**

To my Tiger,
Thank you for killing the spiders, taking out the garbage, carrying the grocery bags home and most importantly, keeping my feet warm at night. I love you very much!
~YOUR MONKEY.

Today 0°/-8° Sunny
Thursday -1°/-5° Partly cloudy

The Weather Network Download WeatherEye to your smartphone.
©The Weather Network 2011

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 What seemed so difficult yesterday will seem ridiculously easy today. The task itself may not have changed one bit but your attitude toward it has and that's what makes all the difference.

♉ Taurus April 21-May 21 Listen carefully to what your inner voice tells you today. The answers you are looking for are not somewhere "out there" waiting to be discovered but "in here" where your heart resides.

♊ Gemini May 22-June 21 You may not want to hurt someone's feelings but you know you have to be honest – it's for their own good. Tell it like it is today

♋ Cancer June 22-July 22 The solution to your current predicament is easy enough but you are unlikely to see it until you stop looking at life in such an emotional manner

♌ Leo July 23-Aug.23 If you do what friends say you should do today you will soon find a way out of your dilemma. Of course, being a Leo you don't like to admit that you got it wrong

♍ Virgo Aug. 24- Sept. 22 Your insights into how other people behave when under pressure can be used to good effect today, especially on the work front where sudden changes won't worry you as much as they do some of your rivals. They're an opportunity.

♎ Libra Sept. 23-Oct. 23 You can sense that the tide is turning in your favor again and with it your confidence will soon come flooding back.

♏ Scorpio Oct. 24-Nov. 22 You may have good reason to be confident but don't start thinking that nothing can possibly go wrong because that is just asking for trouble.

♐ Sagittarius Nov. 23-Dec. 21 Others may say you don't deserve all the good things now coming your way but what do they know? What you are enjoying now is what you have earned by your past deeds. Good deeds today will bring a good future too.

♑ Capricorn Dec. 22-Jan. 20 You are in the middle of an extremely positive phase, one that will last for at least another two weeks. That may seem like a long time but it will pass quickly enough

♒ Aquarius Jan. 21-Feb. 18 For best results today don't limit yourself to tried and trusted ways of doing things – use your imagination to come up with new ideas and new ways of looking at the world you inhabit.

♓ Pisces Feb. 19-March 20 Find a quiet place where the world cannot get at you and ask yourself some serious questions about what it is you most want to accomplish in life.

SALLY BROMPTON

HASSAN AMMAR/ THE ASSOCIATED PRESS

Caption contest



MATT DUNHAM/ THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

find us follow us friend us
We're all over your city in more ways than one. Metro brings you breaking news and great reviews.
metro

Feel like everyone's looking at you? They are. But don't worry. It's only because they want your Metro.
metro News worth sharing.

FLIGHT CENTRE Unbeatable
Puerto Plata
7 Nights 4-Star All-inclusive
from $557
+ taxes & fees $326
1 866 967 5402 | flightcentre.ca
Conditions apply. Ex: Halifax. Package price is per person, based on double occupancy for total length of stay unless otherwise stated. Package includes air. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

NOW SHOWING...



2010 GRAND CARAVAN SE PLUS
• ALL NEW DVD EDITION •

- 10" Video Screen/DVD Player
- Full STOW 'N GO
- Leather Wrap Shift Knob
- Leather Wrapped Steering Wheel with Audio Controls
- Power Second Row Windows
- Power Door Locks
- Rear Air Conditioning/Heat
- Tri-Zone Climate Control
- 16" Aluminum Wheels
- U-Connect Hands Free Communication
- Sirius Satellite Radio

$24,497* OR **$387** MONTHLY OAC

Earn 1000 Reward Miles on any new or used vehicle purchase

1000 reward miles

AIR MILES Travel and More

DARTMOUTH

CHRYSLER DODGE Jeep RAM

Where Nova Scotia Comes to Save!

469-9050

DDODGE.COM

Prices exclude freight, taxes, and fees. Payments include freight, taxes, and fees. 84 months 3% variable rate OAC. See Dealer for Details